

**BREAKFAST**

**BREAKFAST ALA CARTE:** Assorted Omelets, Scrambled Eggs, Hard-Cook Eggs, Steamed Rice, TAMC Egg Muffins, Hash Browns, B’Fast Taco(Mon-Fri), Bacon, Assorted Cereals, Bagels, Waffles, English Muffins, Assorted Cereals, Assorted Juices, Fresh and Canned Fruits. TAMC Egg Muffins & B’fast Tacos made to order Weekends & Holidays.

<b><u>TUE 19 Jun 07</u></b> Grape Juice/ Canned Pears French Toast/Waffles Sausage Grits Bran Muffins	<b><u>WED 20 Jun 07</u></b> Apple Juice/Canned Peaches Blueberry Pancakes/Waffles Creamed Beef/Biscuits Oatmeal Banana Bread	<b><u>THUR 21 Jun 07</u></b> Orange Juice/Fruit Cocktail French Toast/Waffles Sausage Grits Glazed/Sugared Donuts	<b><u>FRI 22 Jun 07</u></b> Apple Juice/Canned Pears Pancakes/Waffles Creamed Beef/Biscuits Oatmeal Blueberry Coffee Cake	<b><u>SAT 23 Jun 07</u></b> Grape Juice/Canned Peaches Pancakes/Waffles Sausage Grits Quick Coffee Cake	<b><u>SUN 24 Jun 07</u></b> Orange Juice/Pineapple Chunks French Toast/Waffles Ham Oatmeal Assorted Pre-Package Pastries	<b><u>MON 25 Jun 07</u></b> Apple Juice/Applesauce Pancakes/Waffles Creamed Beef/Biscuits Grits Cinnamon Rolls
Chicken Gumbo Soup BBQ Spareribs Baked/Fried Chicken/ Gravy Corn Dogs/Sandwich Bar/Chili Baked Macaroni-Cheese Steamed Rice Seasoned Black-Eyed Peas Southern-Style Greens Tomato & Okra Gumbo Cornbread w/Honey Salad Bar/Potato Salad Orange Fruit Sweet Potato Pie	Portuguese Bean Soup Roast Turkey w/Gravy Country-Fried Steaks w/ White Cream Sauce Hot Wings/Sandwich Bar Reuben Sandwich/Chili Mashed Potato/Cornbread Dressing Broccoli w/ Cheese Sauce Peas & Carrots Salad Bar/Fresh Fruits Carrot Pineapple & Raisin Salad Cherry Cheesecake Honey Wheat Roll	Tortilla Soup w/ Tostado Chips Chicken Fajita Beef Enchilada Casserole Beef/Chicken Tacos Refried Beans Spanish Rice Green Beans Mexican Corn Salad Bar Black Bean Salad/Fresh Fruits Assorted Breads Mexican Wedding Cake	New England Clam Chowder Roast Beef w/ Brown Gravy Baked Fish/Tempura Fried Fish Chicken Burger/Sandwich Bar Cheese Pizza/Chili Brown Rice Baked Macaroni & Cheese Baked Potato Italian Blend Vegetables Spinach Casserole Salad Bar/Caesar Salad/Fresh Fruit Hawaiian Sweet Rolls Marble Cake w/Frosting	Cream of Potato Soup Chicken Primavera Salisbury Steaks w/ Brown Gravy Oven-Glow Potatoes Steamed Rice Normandy Blend Vegetables Steamed Peas Salad Bar Macaroni Salad Grapes Peach Pie	Chicken Soup w/White & Wild Rice Baked Ham/Pineapple Sauce Swedish Meatballs Glazed Sweet Potatoes Noodles, Egg Sicilian Blend Vegetables French Cut Beans Salad Bar Country-Style Tomato Salad Apple Coconut Macaroon Cookies	Cream of Broccoli Soup Yankee Pot Roast/Gravy Grilled Pork Chops w/Applesauce Burrito/Chili Chicken Strips/Sandwich Bar Brown Rice Steamed Rice/Mashed Potatoes Riviera Blend Vegetables/Carrots Salad Bar Italian Pasta Salad Fresh Pears Apple Pie Hawaiian Sweet Rolls
Lemon Baked Fish Beef Stir Fry Steamed Rice/New Potatoes Normandy Mix Vegetables Corn-on-the Cob Salad Bar /Waldorf Salad Grapes Choc Cake w/ Butter Cream Frosting	Yankee Pot Roast Spanakopita Mashed Potatoes Wild Rice Riviera Grande Blend Vegetables Steamed Carrots Salad Bar/Macaroni Salad Fresh Fruits Fudge Brownies	Teriyaki Chicken Spaghetti with Meatsauce/ Tomato Sauce Steamed Rice Steamed Spinach Carrot/Garlic Bread Salad Bar/Italian Pasta Salad Applesauce Carrot Cake	Chili w/ Beans Chicken Adobo Dirty Rice Steamed Broccoli Corn O'Brien Salad Bar/Potato Salad Banana Jelly Roll	Beef Stew Turkey Tetrazzini Steamed Rice Seasoned Greens Mixed Vegetables Salad Bar/Waldorf Salad Orange Oatmeal-Raisin Cookies	Chicken Cordon Blue (RTU) Beef Ravioli Mashed Potato/Gravy Rice Pilaf Broccoli & Carrots Corn on the Cob Salad Bar/Potato Salad Fresh Fruits Hawaiian Fruitcake	Roast Pork w/Gravy Chili Macaroni Paprika Potatoes Steamed Rice Peas and Onions/Wax Beans Fresh Fruits Salad Bar/ Coleslaw w/Creamy Dressing Angel Fruit Cake w/Frosting

#SELECTION OF THESE ITEMS SHOULD RESULT IN LOW-FAT AND 500 CALORIES OR LESS PER MEAL.

\*SHORT ORDER SPECIAL: Are available Monday through Friday during lunch meals (excluding holidays).  
LUNCH AND DINNER SHORT ORDERS: Hamburgers, Cheeseburgers, Hot Dogs, Grilled-Cheese Sandwiches, French Fries, Chili and Veggie Burgers.

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE BASED ON AVAILABILITY OF FOOD.

WILLIAM E. WHEELER  
LTC, SP  
Chief, Nutrition Care Division

BREAKFAST

**BREAKFAST ALA CARTE:** Assorted Omelets, Scrambled Eggs, Hard-Cook Eggs, Steamed Rice, TAMC Egg Muffins, Hash Browns, B’Fast Taco(Mon-Fri), Bacon, Assorted Cereals, Bagels, Waffles, English Muffins, Assorted Cereals, Assorted Juices, Fresh and Canned Fruits. TAMC Egg Muffins & B’fast Tacos made to order Weekends & Holidays.

	*Salad Greens/Fresh Fruit Cherry Cheesecake	Carrot Cake	Grapefruit Juice French Toast Ham Oatmeal Cherry Coffee Cake	Grape Juice Pancakes Sausage Grits Baking Powder Biscuits
	Pineapple Juice Blueberry Pancakes Grits Pumpkin-Nut Muffins			
	Roast Beef☺ Sloppy Joe Baked Potato Mixed Vegetables Zucchini Coleslaw Salad Blueberry Cheese Cake	Corn Chowder Soup Chicken Adobo☺ Beef Stroganoff Steamed Rice Egg Noodles Peas & Carrots Cauliflower Polonaise Chocolate Brownies	Chicken Noodle Soup Beef Lasagna Roast Pork☺ Rice Pilaf Italian Vegetable Medley Green Beans Oatmeal Cookies Toasted Garlic Bread	Minestrone Soup Maryland Baked Chicken☺ Chili Macaroni Mashed Potatoes Vegetable Combo Spinach Peach Pie
Grape Juice French Toast French Toast Sausage Oatmeal Glazed Donuts				
Portuguese Bean Soup Roast Turkey ☺ Country-Fried Steak Beef & Bean Burritos Pasta Bar Mashed Potatoes Cornbread Dressing Steamed Broccoli with Cheese Sauce Peas & Carrots	Baked Fish☺ Dill Sauce Swedish Meatballs Mashed Potatoes Egg Noodles Florentine Mixed Vegetables Corn Marinated Vegetable Salad		<b>TACO BAR</b> Fiesta Chicken Taco☺ Tacos Guacamole/Salsa Nachos/Cheese Sauce Refried Beans Fiesta Corn Carrots Ambrosia Salad Eclair	Beef Stew Turkey Tetrazzini☺ Steamed Rice Squash Ala Southern Whole Kernel Corn Jellied Peach Salad Spice Cake w/Bu Crm Icing

#SELECTION OF THESE ITEMS SHOULD RESULT IN LOW-FAT AND 500 CALORIES OR LESS PER MEAL.

**\*SHORT ORDER SPECIAL:** Are available Monday through Friday during lunch meals (excluding holidays).  
**LUNCH AND DINNER SHORT ORDERS:** Hamburgers, Cheeseburgers, Hot Dogs, Grilled-Cheese Sandwiches, French Fries, Chili and Veggie Burgers.

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE BASED ON AVAILABILITY OF FOOD.

WILLIAM E. WHEELER  
LTC, SP  
Chief, Nutrition Care Division

WEEK I

TRIPLER ARMY MEDICAL CENTER

	<u>Weekdays</u>	<u>Weekends</u>
Breakfast:	0545-0930	0630-0830
Lunch:	1045-1400	1100-1330
Dinner:	1600-1830	1600-1730

BREAKFAST

**BREAKFAST ALA CARTE:** Assorted Omelets, Scrambled Eggs, Hard-Cook Eggs, Steamed Rice, TAMC Egg Muffins, Hash Browns, B’Fast Taco(Mon-Fri), Bacon, Assorted Cereals, Bagels, Waffles, English Muffins, Assorted Cereals, Assorted Juices, Fresh and Canned Fruits. TAMC Egg Muffins & B’fast Tacos made to order Weekends & Holidays.

- Apple Juice

French Toast

Oatmeal

Banana Bread
- Grapefruit Juice

French Toast

Ham

Grits

Quick Coffee Cake

- Potato Soup

Steamship Rd of Beef,☺

Au Jus

Baked Mahi-Mahi

Baked Potato

Green Bean w/Mushrooms

Sicilian Vegetable Medley

Hawaiian Fruitcake
- Chicken Gumbo Soup

Meatloaf

Pork Adobo

Mashed Potatoes

Steamed Rice

Carrots

Cauliflower

Guava Chiffon Cake

- Savory Baked Chicken☺

Ravioli

Broccoli

Lima Beans

3-Color Pasta Salad

Pecan Pie
- Spaghetti w/Meat sauce

Vegetarian Pizza☺

Oven-Glow Potatoes

Peas & Onions

Wax Beans

Jellied Fruit Cocktail Salad

Boston Cream Pie

Toasted Garlic Bread

#SELECTION OF THESE ITEMS SHOULD RESULT IN LOW-FAT AND 500 CALORIES OR LESS PER MEAL.

\*SHORT ORDER SPECIAL: Are available Monday through Friday during lunch meals (excluding holidays).  
LUNCH AND DINNER SHORT ORDERS: Hamburgers, Cheeseburgers, Hot Dogs, Grilled-Cheese Sandwiches, French Fries, Chili and Veggie Burgers.

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE BASED ON AVAILABILITY OF FOOD.

WILLIAM E. WHEELER  
LTC, SP  
Chief, Nutrition Care Division

**BREAKFAST**

**BREAKFAST ALA CARTE:** Assorted Omelets, Scrambled Eggs, Hard-Cook Eggs, Steamed Rice, TAMC Egg Muffins, Hash Browns, B’Fast Taco(Mon-Fri), Bacon, Assorted Cereals, Bagels, Waffles,  
English Muffins, Assorted Cereals, Assorted Juices, Fresh and Canned Fruits. TAMC Egg Muffins & B’fast Tacos made to order Weekends & Holidays.

#SELECTION OF THESE ITEMS SHOULD RESULT IN LOW-FAT AND 500 CALORIES OR LESS PER MEAL.

\*SHORT ORDER SPECIAL: Are available Monday through Friday during lunch meals (excluding holidays).  
LUNCH AND DINNER SHORT ORDERS: Hamburgers, Cheeseburgers, Hot Dogs, Grilled-Cheese Sandwiches, French Fries, Chili and Veggie Burgers.

THIS MENU IS SUBJECT TO CHANGE WITHOUT NOTICE BASED ON AVAILABILITY OF FOOD.

WILLIAM E. WHEELER  
LTC, SP  
Chief, Nutrition Care Division